

ALIGNMENT WITH THE HIGHER SELF & MEETING SPIRIT GUIDES

Experiencing Spiritual Connection

This becomes more and more obvious to you with practice – you will get a distinct feeling and knowing when you are in fullest connection with Spirit. Everyone has a different way of knowing – and you need to learn your own language of connection. A brief exercise is included in this article to get you started.

A suggested meditation process to connect with highest source

Begin by intending to ground awareness in body (you can do this by focusing on the breath flowing in and out and the rise and fall of your belly and expansion and contraction of your lungs as you do so).

When you feel aware of your breath and body, then draw your awareness up through the chakras to the crown, imagining being aware of the length of our spine, from the base of your spine to the top of the spine – and then out through the crown of the head.

Call energy down into the body (simply by asking, silently in your mind, for the highest spiritual source available to you to come to you), noticing the quality of the light, colour, vibration that you sense.

Next be aware of where this energy moves in the body – how your body feels with its presence and where it seems to flow or sit still.

Allowing the energy to flow as freely as it wishes to, you can then request that it dissolve any blockages that you are ready to release.

Maintaining that level of bodily and energetic awareness, give thanks for healing and connection (silently in your mind as a simple prayer of thanks is perfect for this).

When you are ready, returning to the breath flowing in and out, and the soles of the feet planted firmly on the ground, take your time and when you are ready open your eyes. Then take your time to adjust to your surroundings.

This exercise can take anywhere from five minutes to an hour depending on how much energy moves through you and how long you wish to stay 'under' in meditative state.

If you prefer to do a meditation with someone else guiding you, you can record the above instructions and playback during your meditation, or you might like to download a free meditation or purchase a more advanced meditation (yes – you can do it!) on this site.

We all have Spirit Guides

We all have guides and angels taking care of us – more spiritual support surrounds us than you could possibly imagine! The issue is not whether or not we are supported, but whether we are open to receive that support.

So – do we believe that we are worthy to receive? Are we 'special enough' to live the life of our dreams and have unlimited abundance, support, creativity and love in our lives? Do we deserve to have fun, pursue our interests, make an important contribution to the world and live according to our true inner desires?

Guidance will grow and evolve with you

Learning to sense the energy of individual guidance, groups of guides and the very different feeling of angelic guidance compared to guides from deceased relatives will come with time and patience. You can get to know the personality and vibration of your guide over time and come to realise exactly what that guide will assist you with, as well as sensing new additions – such as special guides that will work with you through new phases of your journey this lifetime.

Guides can assist with particular issues, and at particular times – especially if you are going through a stressful time or great transition in your life.

You have a spiritual team of Guides supporting you

Sometimes people may have one guide that they are consciously working with on a Soul level, whilst others may have several, whilst still others have an army of guides.



The presence of guidance varies in each individual and will be perfect for you and your path. Heaven provides you with exactly what you need!

It is not necessary or even 'better' to have a great number of spirit guides.

Who are your spirit guides?

They can be relatives, they can spend time with you to take care of you, but there will normally be other more advanced guides to instruct you about your life path and spirituality.

These advanced guides may include spiritual teachers, Ascended Masters, archangels, saints and so on – depending on your particular spiritual persuasion or religious inclinations – Spirit resonates with your personal reality and will always do more than meet you half way in your journey to connect with higher consciousness and will work with your particular energy rather than trying to 'change' you to accept higher energies.

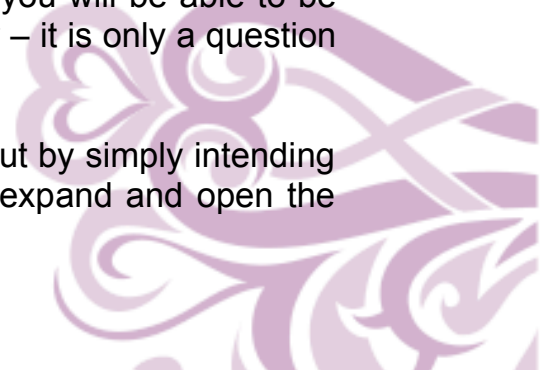
Souls from past lives (and you may guide them in their next life – reversing roles so that you can both learn from the role of being the guide and from the role of the one being guided) can also be a guide.

The power of your own soul or higher self is tremendous. It is your eternal guide, always with you, and the gateway to connection with higher worlds in that it is the soul that sees, hears and feels spirit. As you learn to receive its impressions, you can have conscious access to the higher worlds – through your higher self!

Practical Exercise - Meeting your Spirit Guide

Start on the practical exercise suggested below (or try one of the free meditations or meditations for purchase on this site) to connect with your higher self and eventually feel comfortable enough to meet your spiritual guidance. Take your time – be open to doing the exercise without expectations. Spirit will come to you when the time is right for it to happen – in fact, Spirit is always with you, but you will be able to be physically conscious of it when you are truly ready – it is only a question of timing.

I have a list of steps below, which you can carry out by simply intending to do them – opening the heart means intend to expand and open the



centre of your chest and moving into a safe space means evoke the feeling of entering into a safe space? Get the idea? Great – have a go and good luck!

Focusing on the breath.

Feeling the mind quieten and the emotions begin to still.

Focusing on our inner world, openness and peace expanding inside.

Opening the heart.

Feeling a sense of inner expansion and openness within you.

Moving into a safe and empty space.

Seeing, or sensing or feeling, a light appear before you.

This light carries the energy of the Spirit Guide that is assisting you right now.

Allow yourself to move closer to that light and the light to move closer to you.

Sense the energy of that light – does it have certain qualities or feelings?

What are these qualities? Kindness? Love? Wisdom? Peace? Humour? Calmness?

Is it bright? Does it have a particular colour or shape?

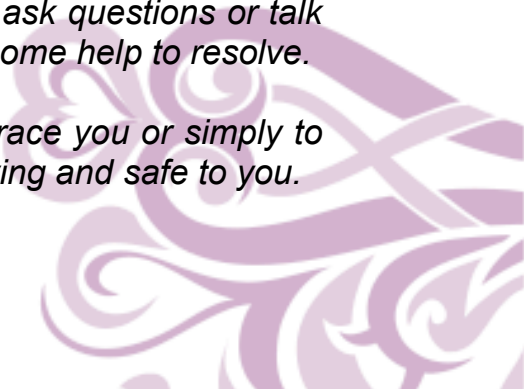
When you are ready, silently in your mind, call for your guide to step forward and appear before you in whatever form is most appropriate for you at this stage in your development.

Feel yourself becoming bathed in the energy of this Guide.

Allow that energy to flow through you and around you.

Silently, in your mind, talk to this Guide. You may ask questions or talk about the concerns in your life that you would like some help to resolve.

Allow this Guide to talk to you, or to touch or embrace you or simply to be near you – whatever feels most comfortable, loving and safe to you.



Your Guide will never judge you or be angry with you – but simply love, honour and support you, asking for nothing in return, except to be allowed to help you.

Feel this unconditional love emanate from your Guide for as long or as little as you feel comfortable with.

When ready, ask your Guide to make more direct contact with you from now on.

Tell your Guide that you will be more aware that Spirit wishes to connect with you on a daily basis and that you will turn your attention towards Spiritual Communication more often.

Know that you can connect with this Guide at any time by simply asking for connection to take place.

You may ask your Guide now if there is a name or a particular action that you can use to call upon the energy of Spirit to connect with you.

You may be given a name, a symbol, colour or action to perform in order to connect with Spirit, or you may just be advised to turn your mind to Spirit whenever you seek connection.

Allow yourself to slowly step back from your Guide now.

Gently moving away from that light, back into the inner space and expansiveness that you hold deep within you.

Allow that sense of inner peace and spiritual connection to remain.

Feeling your awareness return to your body, breathing in and out.

Focusing on the breath, and in your own time, opening your eyes.

As with the first exercise you may like to tape this or read it to other meditators in a group.

What kind of healing or guidance can be granted and how?

Anything and everything in every possible way!

Guidance and its potential forms and topics are limitless. Ask for assistance with everything and anything. Let the Universe sort out the details. Your role is not to control everything – it is simply to align with



your Highest Spiritual Self, identify your heart's desire and then ask Spirit to help you bring that desire into perfect manifestation. Guidance will help you – *but they need to be asked first!*

The law of freewill requires that all help is requested before given.

All requests for help *will* be answered.

Ask for help, love, abundance, protection and support from your Guidance and your Soul each morning. Give thanks each evening before you go to sleep. These two minutes a day can transform you and your life to a degree that will surprise you. Spirit is nothing if not efficient. Those two minutes will be utilised by spirit to bring you exponential return on your energetic investment.

Guidance can be given during dreamstate, or in meditation either consciously through a 'message' or subconsciously via telepathic imprint or spiritual transmission (which you will not always feel as it can be very subtle – but you can grow more accustomed to transmissions and learn to recognise when they are taking place as your sensitivity increases). Perhaps you may recognise that Guidance has given you an answer in the quiet moments when you get a solution 'pop' into your mind (you may think that it was your idea – that happens a lot).

Or Guidance may speak to you through an oracle card, through your hearing a song and identifying with the lyrics (a client once heard the same song repeated five times, as her CD player seemed to break down momentarily – and asked me if this could be a message from her Guidance as the song in question had real meaning to her about an issue in her life at the time – my answer was YES!).

Or your Guide may speak to you whilst you are lying on the beach (a favourite of my Guidance), or sitting in nature, showering or in a bath – usually anywhere you are relaxed and a bit carefree is a great moment for your mind to be shut off and Guidance has the opportunity in that moment to impress higher consciousness upon you. In slips the energy and 'ping' goes your mind as you wonder why the answer that seems to obvious now eluded you thus far! Little did you know that your Guidance was just waiting for you to provide them with an opportunity to answer you.

You must cultivate the intention to receive healing or guidance

You can sit in meditation or relaxation and ask for your guidance and angels to perform healing on you. Please leave at least twenty minutes



for this practice. You may sense energy moving through your body, you may lose your sense of time, fall asleep or even feel tingles, chills or shifts of heat in your body. You will become more aware of this healing taking place as you become more sensitive to energy.

Remove expectations about what you should hear and how you should hear it (providing that you do expect that guidance be uplifting and loving, helpful and positive) and tune into the presence of spirit and guidance in your life every day.

If you only take one thing from this short introductory article, then please take away with you how natural it is to connect with spirit – the spiritual worlds are accessible to all of us – it is our natural home – we just need to know a few tricks to get out of our own way, such as remembering to ask for help and setting aside time to relax and receive.

The meditative work outlined in this article will have offered you a way to connect with energy from Spirit and therefore healing – because all spiritual communion helps us resonate with our truth and that leads us to greater wholeness of being (which is the end result of all healing – greater wholeness). The more sensitive you become the more you will become aware of this energy inflow, and such sensitivity will increase with meditation.

You have already had direct communication with Guidance

Your Guidance has communicated with you already!

If there is one thing that I know to be true for every single person on this planet, it is that their Spirit Guides want to connect more effortlessly and clearly with them. It is just about us getting to be more conscious of the process that is already taking place.

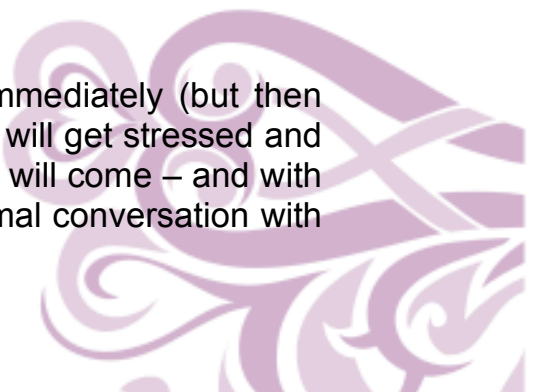
How can you do this? Here are some tips you might like to try –

Think more about your guides.

Make them a part of your life.

Talk to them more.

Expect, demand, require that they answer you immediately (but then get out of the way because if you try too hard, you will get stressed and block the reception – but don't worry your answers will come – and with practice you may find that you can carry on a normal conversation with



your guidance with question and answer following on as if you were speaking to another human being in the flesh).

Start believing in your capacity to receive.

Work on having some quiet time for yourself and clear your inner self through spiritual and personal work.

Make a commitment to yourself to start right now.

Blessed be!

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